

Dear Fellow Employees:

The WOW (Working On Wellness) Team reminds you to visit http://www.michigan.gov/mdcs/0,1607,7-147-22854_24290---,00.html to get valuable information about your well-being.

The Web site offers information on the following topics to help you live a healthier lifestyle: move more and eat better, fitness club and pedometer discounts, wellness events, healthy work-life, men's and women's health, and more.

May 21st is National Employee Health and Fitness Day and the month of May has numerous other health observances in which you can participate. Read about more of these events on the WOW Web site.

We again invite you to submit your personal and worksite wellness stories for publishing on the WOW Web site. Sharing what you do or what your worksite does to promote wellness can encourage other employees in their fitness efforts. Please email us @ MDCS-WOW-WorkingOnWellness@michigan.gov.

Link below to the updated WELCOA (WELLNESS COUNCILS OF AMERICA) Bulletins for additional wellness information:

BETTER SAFE

http://infopoint.welcoa.org/bulletins/pdf/bs_v9_no7.pdf

DAY IN & DAY OUT

http://infopoint.welcoa.org/bulletins/pdf/dido_v9_no7.pdf

TO YOUR HEALTH

http://infopoint.welcoa.org/bulletins/pdf/tyh_v9_no7.pdf



Thank You,
The WOW Team
Employee Health & Wellness
Employee Benefits Division
Civil Service Commission